

HOLIDAY DRIVING SAFETY

During the holiday season, roads are packed with people traveling to visit family, shop, and celebrate. Unfortunately, it is also a popular time for people to socialize with alcohol, increasing the number of irresponsible drivers. In 2007, there were nearly 5,000 traffic deaths in the U.S. between Thanksgiving and New Years – 41.5% of these were alcohol related! Help keep our roads safe and ensure your own security this holiday season by keeping in mind these safety tips when driving and when hosting a holiday party.

On The Road

- Wear a safety belt at all times (lap belt on lap/shoulder strap on shoulder)
- Don't talk on your cell phone or text while driving
- Always place children in age appropriate child safety restraint systems (infant/child seats, booster, etc.) correctly installed
- Place all children less than 12 years old in the back seat at all times
- Never leave children alone in the car. It is dangerous and illegal in California
 - **Never** drink and drive!
 - **Always** use a designated driver
 - Even if you are not drinking, always **be alert** to those on the road that have been



Hosting a Responsible Party

- Have non-alcoholic beverages available for guests
- Serve light foods such as meats and cheeses to help retard alcohol absorption
- Arrange for an official designated driver for your party
- Find alternate transportation for intoxicated guests or persuade them to sleep over
- Be responsible for your guests, even if it means taking their car keys



Information obtained from: Los Angeles Police Department, National Safety Council, and Centers for Disease Control

DeCarli, J (2010)

Los Angeles County, Department of Public Health, Injury & Violence Prevention Program
3530 Wilshire Boulevard, Suite 800, Los Angeles, CA 90010
(213) 351-7888 [www.ph.lacounty.gov]